

RCSSC DODGEBALL RULEBOOK

These rules were last updated on January 2, 2019.

RULE 1: TEAMS AND PLAYERS

Section 1. Team Formation

- 1. Leagues Offered.** There are three dodgeball leagues: SOCIAL, SUPER SOCIAL, and EXTREME SOCIAL.
 - SOCIAL is the most competitive league.
 - SUPER SOCIAL is designed for teams and individuals who love to socialize and have GOOD athletic skills.
 - EXTREME SOCIAL is designed for teams and individuals who love to socialize and have LIMITED athletic skills. **NO PLAYOFFS.**
- 2. Seasons.** Dodgeball is offered in the summer and winter. All games will be played at the Sports Center of Richmond (SCOR), 1385 Overbrook Rd., Richmond, VA 23220.
 - **Summer:** Games are played on Thursdays starting at 6:20 PM.
 - **Winter:** Games are played on Tuesdays and Thursdays starting at 6:20 PM.
- 3. Number of Players.** All teams must have at least 12 players, but there is no maximum. All players must be listed on the roster and sign the RCSSC waiver to participate.
- 4. Adding Players.** Players may be added at any time until the final tee shirt order date. After that time, until the third week of play, a team must drop a player before it may add a player. The dropped player must provide his or her tee shirt to the added player. After the third week of play, team rosters are frozen. Teams must provide an updated roster to the Commissioner at the end of the third week. See the Commissioner for additional roster forms.
- 5. Players on the Court.** A team can field no more than 10 players at a time. At least four of the players on the court must be women. A team must have at least six players, and at least two women, present at game time to avoid a forfeit. As long as you have two women, your team may play with up to six men.
- 6. Playing Short.** A team may play with a full team of 10 if its opponent is short players.
- 7. Coaches' Responsibilities.** Keep reminding your players that this is a very SOCIAL league and unsportsmanlike conduct will ensure them a seat on the curb. Please take your team back to our sponsor bar for the SOCIAL part of the league.
- 8. 3-PEAT -- aka DYNASTY RULE.** Everyone loves a little competition, but one team dominating a league season after season can spoil the fun for everybody.

If a team retaining more than four(4) to six(6) players (based on the sport's minimum roster size 6, 10 or 12) has won three championships in consecutive seasons for which they have been registered, that team will have to form two or more separate teams to promote balance in the league or withdraw their registration (no refund will be issued, league credit will be issued). The River City Sports & Social Club will have the option to, in its discretion, request that team to form two or more separate teams to promote parity in the league or withdraw their registration. The team will then have the opportunity to divide their roster (with no more than four to six retaining players) to form two or more separate teams with each subsequent roster approved by the River City Sports & Social Club.

Section 2. Player Restrictions

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1. **Age.** Players must be 21 years old at the start of the season. The Commissioner may request confirmation of age from players throughout the season.
2. **League Membership.** Players may only play for one dodgeball team, regardless of league.
3. **Violations.** Teams that violate the rules in this section will forfeit the entire season's games and must pay a fine.

Section 3. Uniforms

1. **Tee Shirts.** The RCSSC will provide each team with tee shirts for its roster. All players must wear the RCSSC tee shirt for each game.
2. **Permitted Alterations.** Players may add their names, numbers, and other similar personal information to their tee shirts. Players may also add depictions of the American flag. Players' additions may not cover the RCSSC or sponsor logo.
3. **Excluded Alterations.** Players may not add any corporate information to their tee shirts, including website addresses and company names. Players may not include any offensive material on their tee shirts. The RCSSC Commissioner has the exclusive right to determine whether additions are offensive.
4. **Penalty.** Players who do not wear the official RCSSC tee shirt will be sidelined for that game. Players who are caught exchanging shirts will also be sidelined, and if the players are not listed on the team roster, the team will forfeit the game and must pay a fine. Teams with players who violate alteration guidelines must purchase new RCSSC shirts (\$20/shirt), and the team will forfeit all games until it has paid for the new shirts.

RULE 2: FORFEITS AND SCHEDULING

1. **Minimum Players.** If a team does not have the minimum number of players (six: four men and two women) by game time, it must still start the game. If the minimum number of players has not shown up five minutes after game time, a forfeit will be called. A \$50 forfeit fine will be assessed.
2. **Avoiding Forfeit.** If a team contacts the RCSSC 24 hours prior to match time, a forfeit fine will not be assessed. This will allow the opposing coach to inform his or her team of the forfeit. E-mail the forfeit notice to riverscityssc@aol.com.
3. **Fine.** The forfeit fine will be contributed to the forfeiting team's opponent's bar tab the following week. The fine recipient must use the tab the following week: the fine will not be carried over.
4. **Time of Payment.** The \$50 forfeit deposit will be used for one game. Any additional forfeit fines must be paid before the next scheduled game.
5. **Failure to Pay.** Teams that fail to pay an assessed fine before the subsequent week's game will have two points subtracted from their win total. After the second week, the fine will double.
6. **Ejection.** After three weeks of nonpayment, the Commissioner may eject the team from the league.
7. **Inclement Weather Policy.** In case of inclement weather, check the RCSSC weather hotline (804) 307-7294 and your e-mail for updates. If you do not receive a cancellation e-mail and there is no cancellation message on the RCSSC voicemail, all games are on.
8. **Regular/Post-Season Schedule Deviations.** The RCSSC's priority is to ensure that all teams play their full regular season schedule; post-season games are not guaranteed. Make-up games for both regular

season and post-season games may be scheduled on days of the week outside of regularly scheduled game days and without regard to a team's day preference. When games are rescheduled, the Commissioner will e-mail the affected teams to allow sufficient time to adjust their schedules.

9. **No Refunds.** The RCSSC will not issue full or prorated refunds if the regular season or post-season is shortened due to inclement weather or for other unforeseeable reasons.

RULE 3: MATCH PLAY

Section 1. Matches

1. **Courts.** The playing court shall be marked with sidelines (red), end lines (blue), and a center line (red) with a hash mark (blue) marking the center. All errant balls leaving the court must be retrieved equally by both teams to avoid delays in the game.
2. **Match Time.** All matches will last 45 minutes. Each game will have a five-minute limit.
3. **Games.** The game shall be played between two teams of 10 players each, with six males and four females.
 - Game time is defined as the scheduled start time.
 - If a team does not have the minimum number of players by game time, it must still start the game.
 - If the minimum number of players has not shown up five minutes after game time, a forfeit will be called. See rule 4 for more information on forfeits.
4. **Game Regulation.** The first team to eliminate all opposing players will be declared the winner of that game. If neither team has been eliminated at the end of regulation, the team with the most remaining players will be declared the winner. If an equal number of players remain after regulation play, the game will be called a tie.
5. **Start of Game.** The home team is listed first on the schedule. The home team will start the game on the bleacher side. Substitutions from each team will line up on opposite sidelines to help retrieve errant dodgeballs. All games must start on time—no exceptions.
 - Before starting a game, an equal number of dodgeballs will be placed along each side of the hash mark on the center line. A standard game consists of eight balls, with four on each side of the hash mark.
 - Players then take a position behind their end line.
 - A RCSSC official will blow a whistle to start the game.
 - Teams may approach the center line to retrieve the balls.
 - Teams may only retrieve balls placed to the RIGHT (as they face the center line) of the center hash mark.
 - Balls become live only after they have reached behind the attack line (blue line at 10 feet).
 - If balls remain on the center line after a team has retrieved and moved its balls beyond the attack line, those balls may be retrieved by either team.
 - A false start will be called if players cross their end line before the official's signal to start the game.
 - **Penalty:** Play will be stopped, and one ball from the offending team's side will be moved to the opponent's side of the hash mark. Repeat for each infraction.
6. **Ball.** Standard eight-inch NADA dodgeballs will be used.
 - A standard game consists of eight balls, with four balls on each side of the hash mark. Balls are provided by the RCSSC.
 - Do not squeeze the ball excessively for the purpose of throwing (creating a raisin look). Gripping the ball with ONE hand is OK. It takes two hands to make the ball raisin-like in appearance.

Section 2. The Clock

1. **Match Clock.** All dodgeball matches will have a 45-minute time limit. The arena's clock will be the official match clock.
2. **Game Clock.** Five-minute game limits will be kept by an RCSSC official.

Section 3. Officials

1. **Honor System.** Rules will be enforced primarily by the honor system. Players will be expected to rule whether a hit was legal or whether they were legally eliminated.
2. **Officials.** The RCSSC will provide TWO officials at each court. The official's responsibility will be to rule on any situation in which teams cannot agree. They are there to monitor the games, not make calls.

Section 4. The Dodgers

1. **Dodgers.** The maximum numbers of players on the court is 10 (six men and four women), and the minimum number of players is six (four men and two women). There are no limits to the number of females allowed on the court at one time. However, there cannot be more than six men on the court under any circumstances.
2. **Substitutions.** Substitutions can only be made at the end of the game or in the event of injury. Teams may not substitute male players for female players. Players may enter the game at any time if they are running late if the team started short on players.

Section 5. Play

1. **Start of Play.** All balls retrieved at the opening rush must first be taken behind the attack line before they may be legally thrown at the opponent. Players must start from behind the end line.
 - Following the opening whistle, a player rushes and is the first to secure a ball from the center line.
 - That player must then carry or pass the ball back to the attack line before it may be legally thrown at an opponent.
 - Once the balls have reached the attack line, they may be thrown from anywhere on the court, short of center.
2. **Scoring.** Two points will be awarded to the winning team of each game. One point will be awarded to each team if the game ends in a tie. At the end of the 45-minute match, the team with the most game points will be declared the match winner. If a game is in progress when time expires, RCSSC officials will count the number of players left on the court from each team. The team with the most players left will be declared that game's winner.
3. **Boundaries.** During a game, all players must remain within boundary lines.
 - Players may pass through their end line only to retrieve stray balls. Players must also immediately re-enter the playing court. Players can only re-enter through the end line. A player who does not immediately re-enter the playing area will be declared OUT.
 - Players may be handed a ball from out of bounds.
 - Players receiving a ball must remain completely within their team's court boundaries.

Section 6. Playoffs and Overtime

1. **Time.** Playoff games are 25 minutes long. The finals will last 40 minutes.
2. **Overtime.** Overtime is played only during playoffs. A playoff overtime period will begin with three players from each team (at least one female and no more than two males). If fewer than three players were standing at the end of regulation, players must be added.
3. **Start of Overtime.** Play starts with each player holding a ball and standing at his or her end line. Players must wait for the official to signal the start. The first team to eliminate any ONE opposing player will be

declared the winner. After two minutes, if no players have been eliminated, an additional player from each team will be added every succeeding minute until someone is eliminated.

RULE 4: LIVE BALL, OUTS, AND PENALTIES

Section 1. Live Ball

1. **Live.** A thrown ball is live if it strikes or is caught by an opposing player before touching any of the following:
 - the ground,
 - an official or a sidelined player,
 - other objects (e.g., wall, net, etc.), or
 - another ball (a grounded ball or a ball in the hand of the receiving player, Player A).

Exception: After being thrown, the ball is still live to receiving player A and player A only. If player A catches the ball, the thrower is out. If the ball hits player A (after hitting the ball player A is holding) and then hits the ground or any other object, including another player, player A is out. The hand is not part of the ball. If player A's hand holding the ball is hit and player A does not catch the thrown ball, player A is out.
2. **Block.** Players may block a thrown ball with a ball in their hand.
 - If a player drops another ball in his or her hand as a result of contact with a thrown ball, then that player is out.
 - A LIVE ball deflecting off a held ball is a LIVE ball ONLY to Player A.
 - A LIVE ball deflecting off Player A remains LIVE and can be legally caught by A before any contact described in rule 1.
 - If a player holding a ball is hit in the hand by another ball and does not catch the other ball, that player is out.
3. **Buzzer.** All LIVE balls in flight when the game-ending buzzer sounds remain LIVE and may eliminate an opponent.

Section 2. Outs

1. **Object.** The object of the game is to eliminate all opposing players by getting them OUT. An OUT is scored by:
 - hitting an opposing player below the shoulders with a LIVE thrown ball (**Note:** Players who are hit above the shoulder while ducking or in another position with their head below where their shoulders would normally be when standing are out, and the throw is legal);
 - catching a LIVE ball thrown by the opponent;
 - causing an opponent to drop a held ball as a result of contact by a thrown LIVE ball;
 - stepping out of bounds;
 - kicking a ball;
 - being pushed or knocked out of bounds by a teammate;
 - an OUT player intentionally contacting a live ball while on the sideline OR before exiting the playing court—in this case, the closest active player to the ball will be called out;
 - picking up the wrong set of balls at the start of each game (teams pick up balls from the right side of the hash only); or
 - throwing the ball across the center line at the start before running back behind the attack line with the ball. **Exception:** Players may throw the ball to a teammate who is behind the attack line.

2. **Out Players.** Once players are OUT, they must immediately drop any balls in their hands and exit the playing court at the nearest sideline. They should also raise their hands to let the opposing team know they are out.
3. **Boundary Penalties.** Players will be declared out if they:
 - have any part of their body contact the playing surface over the sideline,
 - exit or re-enter the court through their sideline,
 - leave the playing court (sideline or end line) to avoid being hit by a ball or to attempt to catch a ball, or
 - cross the center line with any part of their body and come into contact with the ground on their opponent's side of the court.**NOTE:** Many players will cross the center line during the opening rush. Officials should not call players OUT at this time unless they gained a definite advantage by crossing the line.

Section 3. Stalling

1. **Stalling.** Stalling is not allowed. It is illegal for either team to control all the balls for more than five seconds or to hold any ball for more than 15 seconds.
2. **Five-Second Call.** The official will make a five-second call if either team controls all of the balls. If all balls are located on one side of the center line, that team must make a legitimate effort to get at least two balls across the attack line and into the opponent's backcourt.* If this is not done within five seconds, a five-second violation will be called.
 - **First Offense:** The game will be stopped, and balls will be divided evenly between the teams. Play will continue with balls in hand.
 - **Second Offense (within the same five-minute game):** One free, unobstructed throw (no ball use for shield) will be awarded to the opposing team. This throw cannot be caught for an out.
 - **Third Offense (within the same five-minute game):** One player from the offending team will be ejected for that game (not the entire match).

***NOTE:** Only players on the court (still in the game) can roll or throw balls across the court to meet this requirement. ALL BALLS OUT OF BOUNDS CAN ONLY be put back into play on the side where they are located. ANY OUT-OF-BOUNDS PLAYER CAUGHT ROLLING OR THROWING A BALL TO THE OTHER SIDE will have the active team player closest to him or her called out for that game.

3. **15-Second Hold:** No player may hold a ball longer than 15 seconds for the purpose of stalling. This rule will be determined and called by RCSSC staff as they see fit. Teams cannot stall to get to the last minute of the game, especially from the start of the game. If this is called, the penalized team (the one with majority of the balls) will lose all but two of its balls to the other team. The game, but not the clock, will stop, and the balls will be given to the other team. Then play will resume. If each team possesses four balls, then one ball will be taken from each team and will not be put back in play until the next game. This process will repeat up to four times per game before the official calls that game a tie. Players may hold a ball longer to use as a shield, within reason. For example: One team has only one to three remaining players, and the other team has six balls in its possession ready to throw.

Section 4. Ejections

1. **Unsportsmanlike Conduct.** Act like a child, and you will be treated like a child. ANY unsportsmanlike conduct will result in a cooling-off period or EJECTION from the game and possibly from the RCSSC. If we have to, we will sit you in the corner facing the wall with a dunce cap.

2. **Game Ejection.** Officials can and will sit players who display unsportsmanlike conduct during the game. These players will stand on the sidelines and cannot be replaced. (See rule 5 for types of illegal conduct.)
3. **Alcohol.** Officials can and will sit players who seem to have had too much to drink before or during the game. Players who consume too much can hurt themselves and other players around them due to their poor judgment.

RULE 5: SPORTSMANSHIP

1. **Social Aspect of League.** Teams should patronize the sponsor bar after its game. The league's focus is on being social, not winning or losing.
2. **Unsportsmanlike Conduct.** Any RCSSC member who does not conduct himself or herself, whether on or off the court, in a manner that demonstrates courtesy and respect for his or her own teammates and other teams will be removed from the league. RCSSC staff will keep a record of all players and/or teams that engage in unsportsmanlike conduct.
3. **Types of Illegal Conduct.** Unsportsmanlike conduct includes, but is not limited to, the following:
 - arguing with the officials or other players,
 - using abusive or insulting language with a player or referee,
 - throwing the ball at another player in an unsportsmanlike manner,
 - hitting above the shoulders or with an intent to harm, or
 - abusing the honor system.

Ejected players cannot play in the following week's game.

4. **Player Penalties.** Players who engage in two offenses will be suspended from the league and be ineligible to participate in any RCSSC sports for one year.
5. **Team Penalties.** Teams that engage in two offenses will be ineligible to participate in any RCSSC sports for one year.
6. **Fighting.** Fighting will result in a player's or a team's permanent suspension from participation in the RCSSC.

REMINDERS

- RCSSC officials have the final call on all game rules.
- NO glass containers are allowed.
- ONLY containers with lids are allowed on the court.
- NO gum on the courts.
- NO beer on the courts.
- Please police yourself.
- Coaches are responsible for controlling their team. We are all adults. Enough said.

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